



# RULES AND REGULATIONS – CUP (S)

(METRO - REV. 2011-Apr-15)



## Competitive Cup for Divisions 1 to 3 and Invited Teams from Divisions 4, 5 and 6 Men, 4 and 5 Women and the U-21 divisions Recreational Cup for Divisions 6 to 8 Women and 7 to 9 Men

### S-1 GENERAL RULES:

- a) All games and discipline will be governed by the Metro League rules.
- b) The first named team is the HOME team.
- c) Players may only play for their registered Club and for only one Club team during the Metro Cup competition. The player becomes team bound for the remainder of the Cup competition and may not play for any other team. If the player does participate with a second team, that team will be fined **\$25** and that game shall be defaulted to the opposing team by a score of **3-0**.
- d) Reserve U-17, U-18 and/or U-21 players (players from U-21 Leagues outside the Lac St. Louis Region) are **NOT** allowed to be used during the entire Metro Cup competition.
- e) All cautions (Yellow Cards) & cumulative cautions received during the Metro Cup competition will be included in the count for the League; any automatic suspension will be served at the player's next game in either the League or the Metro Cup competition.
- f) The automatic 1 game suspension for all ejections (Red Cards) will be served at the player's next League or Metro Cup game with the team that he/she is registered with. If they receive additional games, these will be served with the team that he/she is registered with for League games and/or Metro Cup games, this player may not be used as a reserve during his/her suspension.
- g) Rule C11-15 - Player Movement does not apply for the Metro Cup competition for any players not playing on their League rostered team.
- h) Player substitutions will be allowed at throw-ins where the substitution is requested by the team taking the throw-in and ONLY if they make substitutions, may their opponent also substitute players.
- i) For the Metro Competitive Cup including Divisions 1 to 6 Men, 1 to 5 Women and the U-21 divisions a playing or non-playing coach is acceptable. For the Metro Recreational Cup including Divisions 6 to 8 Women and 7 to 9 Men a non-playing coach is required.

### S-2 FORMAT:

- a) Teams will play single elimination rounds in order to advance to the Final game:
  - i. The Draw will be based on the number of teams entered in the competition with Invited teams & lower division teams participating in the earliest rounds, with winners and higher division teams entering in the subsequent rounds.
- b) The Metro Cup Draw will take place at the Metropolitan Soccer League Board Meeting prior to the Annual coaches meeting in May.
- c) Games can/will be played on neutral fields during the competition; each club must provide at least two (2) fields per team entered in the Cup.
- d) All Cup games will be played within the territory covered by the Lac St-Louis Metro League.
- e) Referee Assignment - FOR ALL GAMES: Referees and Assistant Referees will be assigned by the Regional Referee Assignor.

### S-3 QUALIFYING:

- a) All games EXCEPT FOR FINALS tied at the end of regulation time will proceed directly to kicks from the penalty mark as per F.I.F.A. regulations. All games must determine a winner.
- b) If a team is unable to meet the minimum 8 (eight) players &/or 1 (one) coach requirements 15 (fifteen) minutes after the scheduled start time of the game, that team will be fined **\$25** and that game shall be defaulted to the opposing team by a score of **3-0**.
- c) If a team fails to appear, they will automatically be disqualified from any further Cup competition.
- d) Coaches must transfer all information from his/her own game sheet onto the PTS system within 36 (thirty six) hours of the end of a game. Failure to do so will result in a fine of **\$10**. This includes the result of the Final game.



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### S-4 FINALS:

The Finals are scheduled to be played in September.

All Finals ending in a tie will be decided as follows:

- 2 x 10 minutes overtime periods to be played in full.

If the game is still tied following two overtime periods, teams will proceed to kicks from the penalty mark as per F.I.F.A. regulations.